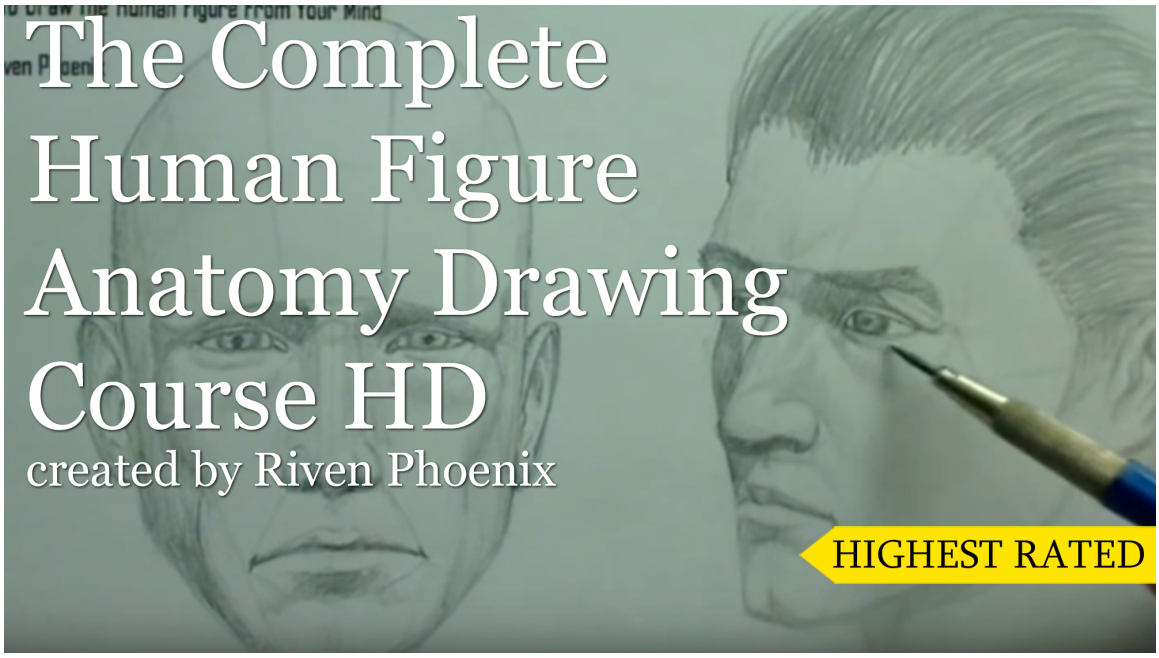

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 128 - The Muscles of The Torso - Part 9

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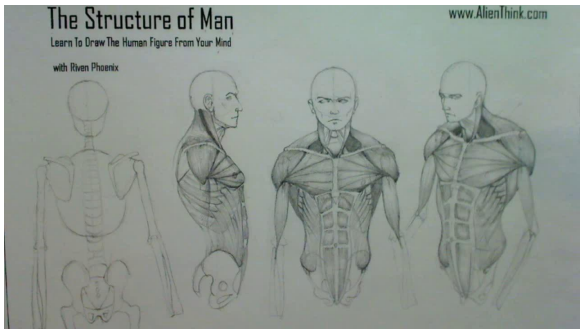
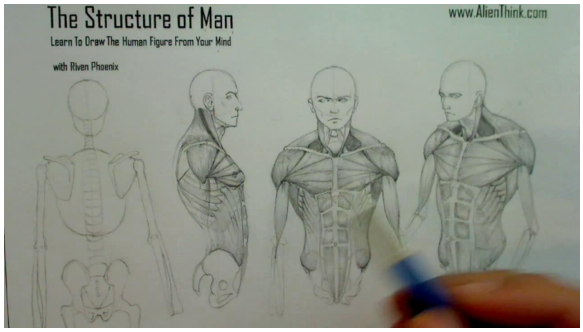
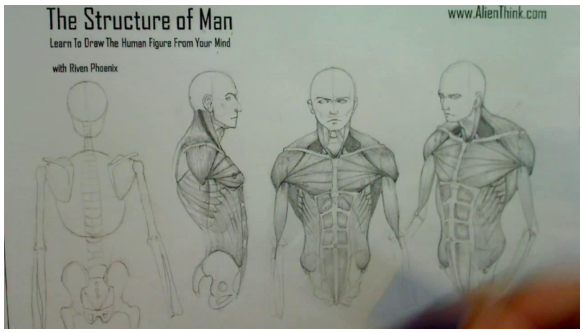
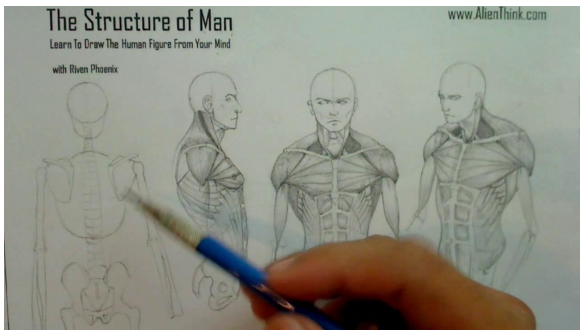
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learn to draw the human figure from your mind training course.
2		Okay, so in the previous lesson we had conceptually mastered and imprinted in the brain how all the muscles of the front part of the torso are working and all the different things that we need to be watchful lot.
3		So we came up with a very simple system that allows us to really understand this concept.
4		So now we're going to look at the back of the structure and when we understand the back we actually understand what happens here to the love handles and what happens to this part over here.

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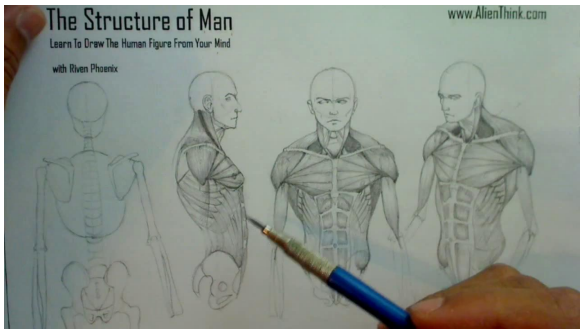
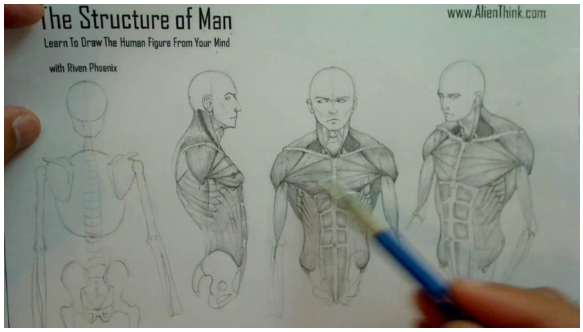
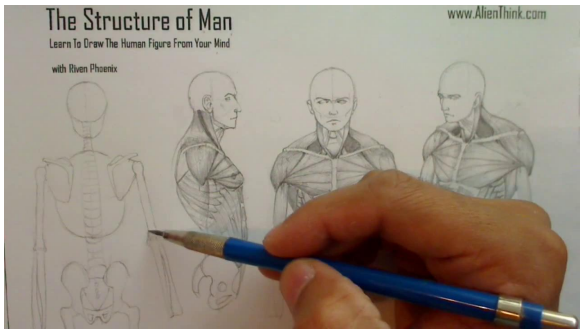
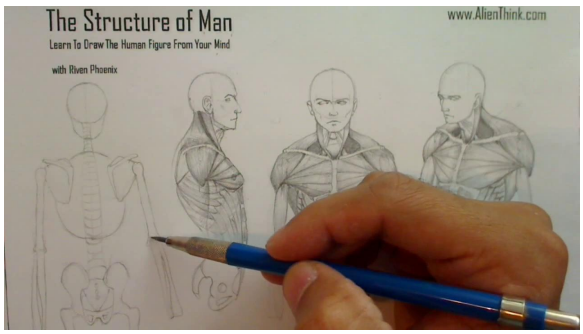
5		So just like when we looked at the front of the chest cavity, right?
6		The front of the torso must we had to look at the bicep. We're going to now begin to understand the muscles over here of the back but we have to understand how the tricep works.
7		So the trip is trying understanding the trip is going to be very simple.
8		Again, we're going to look at the arm muscles later, but it's very simple concept is that basically when you get here about in half, here from here you're just going to draw like this triangle first, right?

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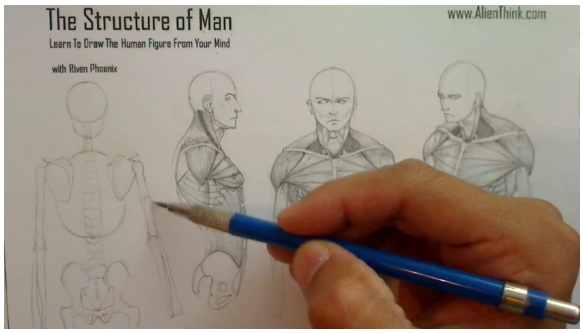
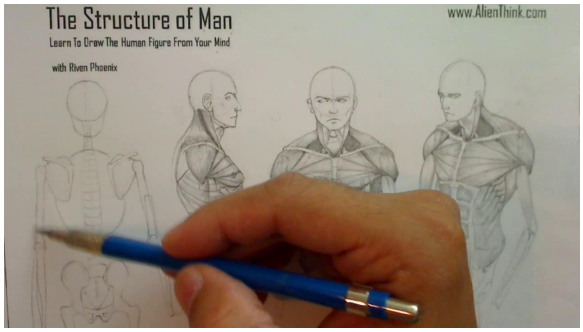
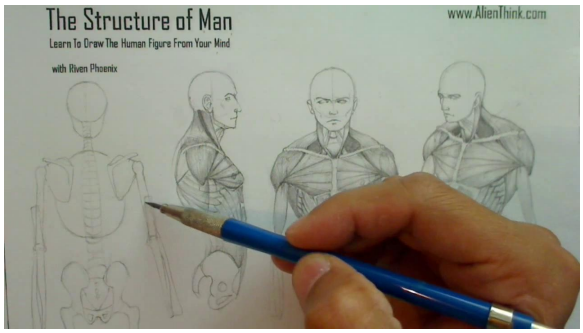
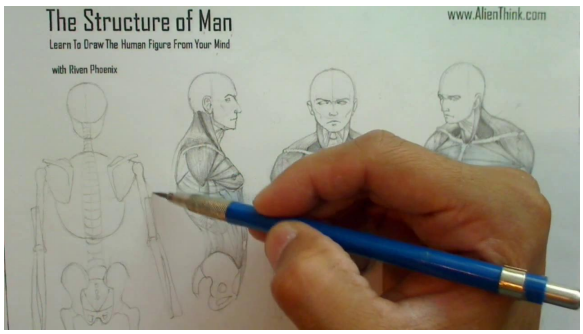
9		It's always going to be at this angle over here and this is like this white matter that's on the tricep.
10		And don't do it too out, right? Remember it's got to be here pretty much on the bone and then you're going to get like this area over here. It's going to be like half way, okay?
11		So once you get this, know that the tricep is going to first start to connect from here.
12		First muscle, it's going to bulge out over here and then it's just going to go back in like this.

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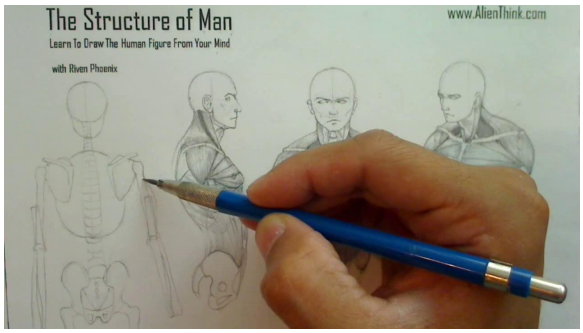
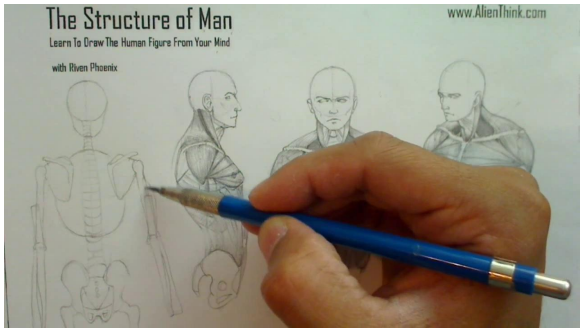
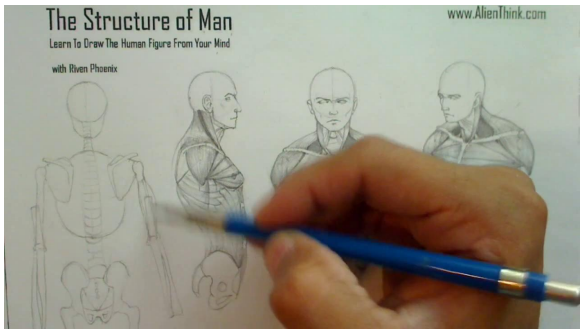
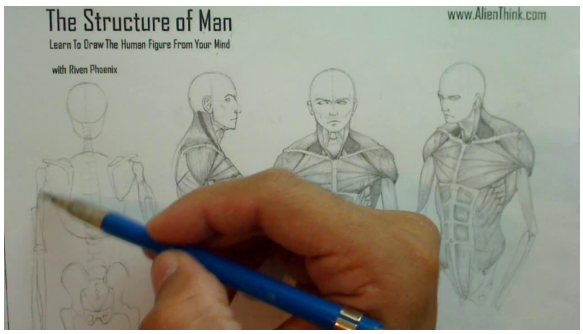
13		And it will just be split in half from here, like this area here, not the half way of this.
14		It'll just connect and then you'll get another version of the tricep over here. It'll bulge out and come back in like this.
15		Okay, so the same thing over here we can do is we can look where I'm connecting and reconnecting here. I'm connecting a little bit to the bottom.
16		And then over here we'll say that, okay, we understand this. So this is more of a longer version of the tricep over here.

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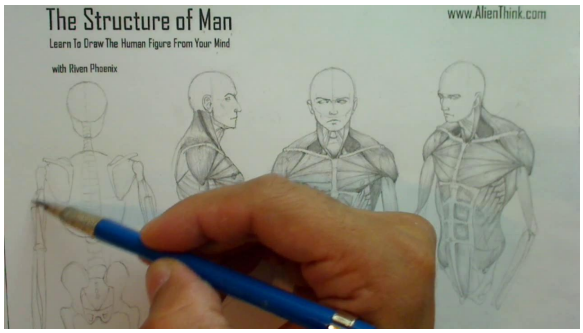
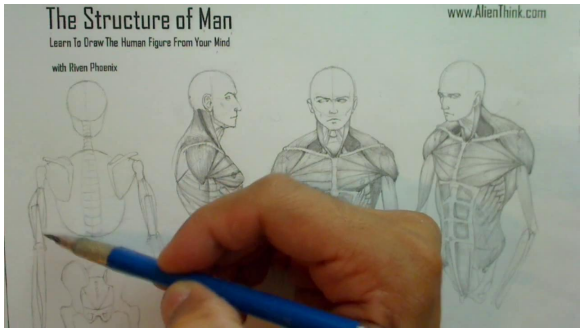
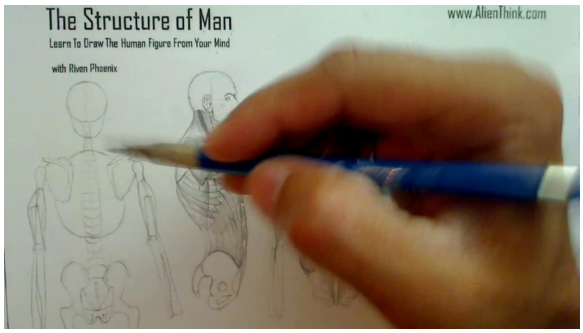
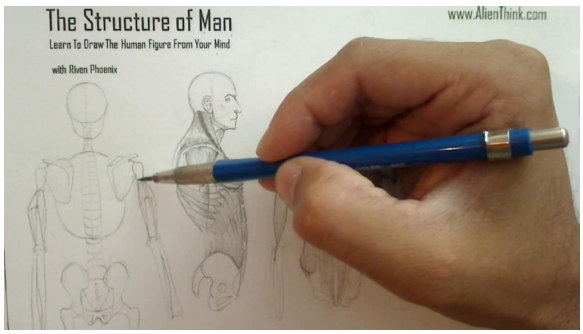
17		And this is just going to kind of like bulge out a little bit over here and it's going to go down like this, right?
18		So you get these two tricep muscles. So what happens is that there's a third tricep muscle that gets in the way of how the muscles for the back are going to work.
19		So the third tricep muscle connects to the scapula right here.
20		So this muscle is just going to cover this guy. He's going to come here just like he did before, like this.

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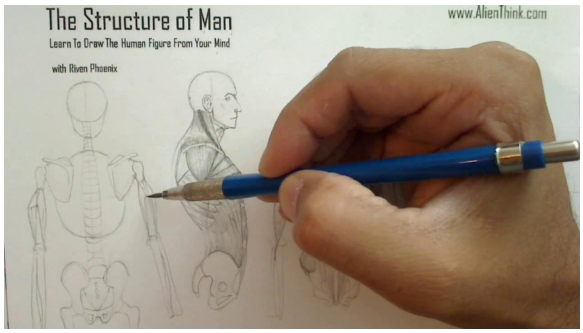
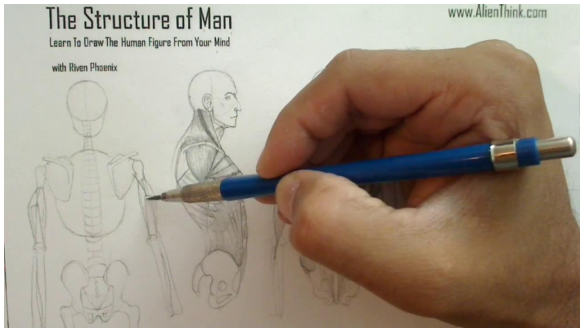
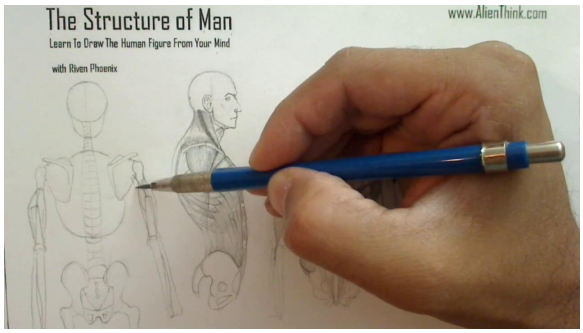
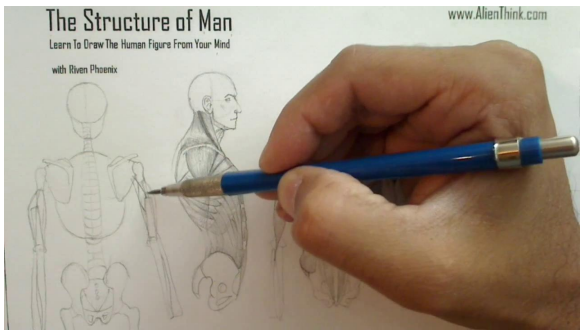
21		It's simply this is just divided in half like this and he's just going to overlap to him.
22		And this is the muscle that's already on the tricep and it's going to over here cut halfway.
23		And it's just going to be like this, right? So from the side you'll actually notice this line also, right?
24		So here we just get this muscle over here. So from here it's just going to be the same thing you're going to get here.

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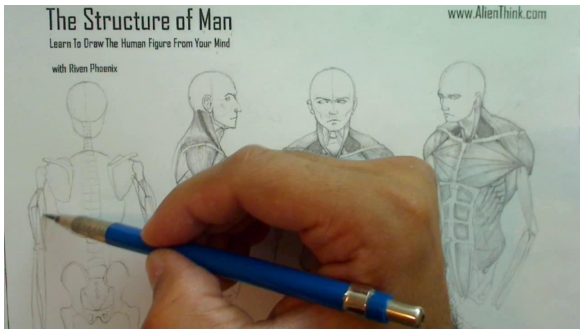
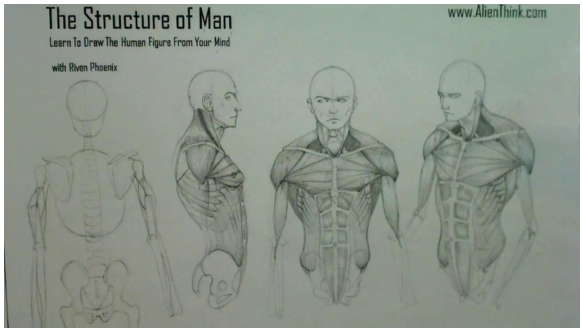
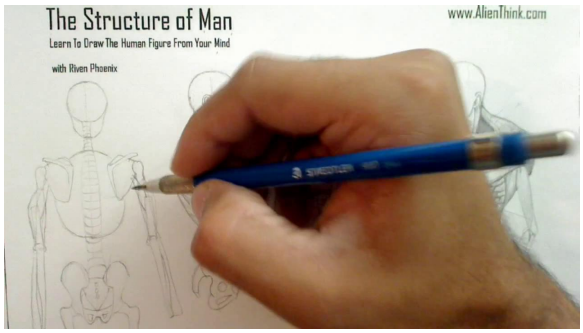
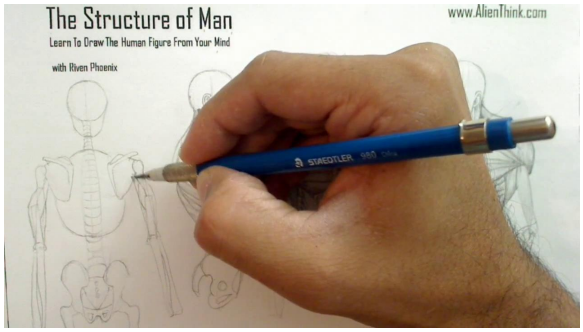
25		You know, it's going to just cut over here and it's going to connect and you're going to get this longer line over here.
26		So once this is done, we can now simply just clean this area up a little and just start to fill it up and make it look like a tricep muscle,
27		which is going to be very easy, which is draw out these lines over here.
28		So draw out these lines kind of like slowly over here, kind of like light and then from here what you want to do is really just show this line here.

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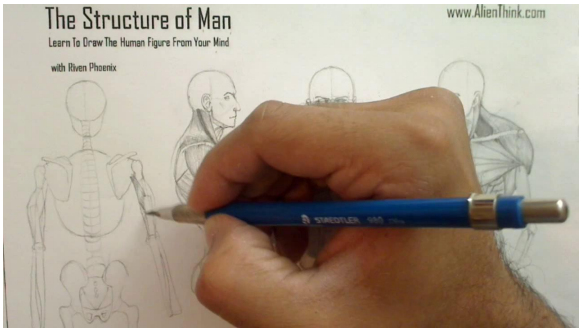
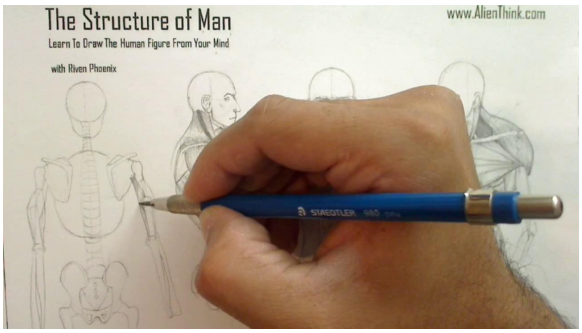
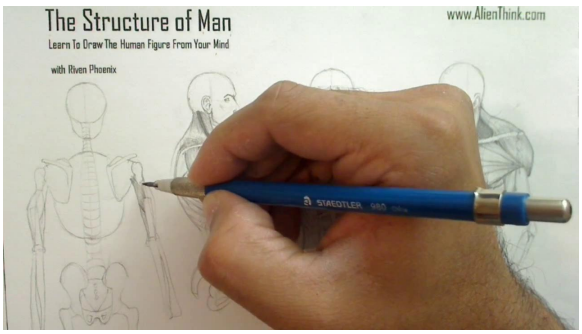
29		And from here you're going to get this area here that's really just white matter.
30		And it's just going to come like this over here, right?
31		So this will give you like the basic concept of the tricep muscle.
32		It's just going to be connecting like this. I'm going to get this line here for the tricep.

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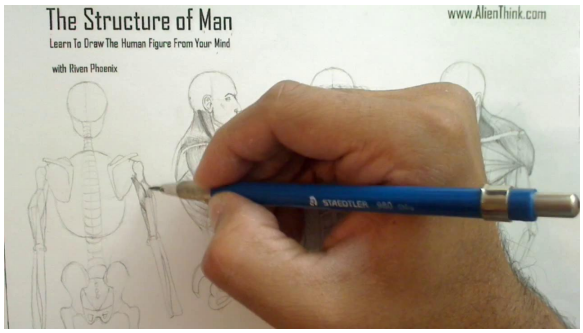
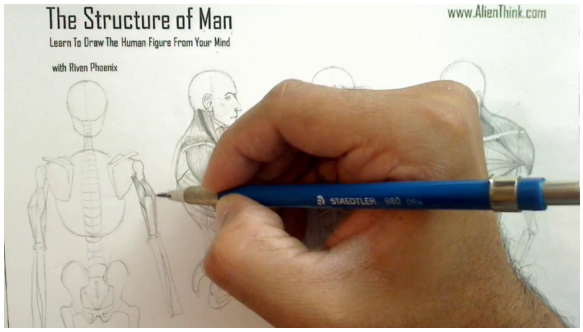
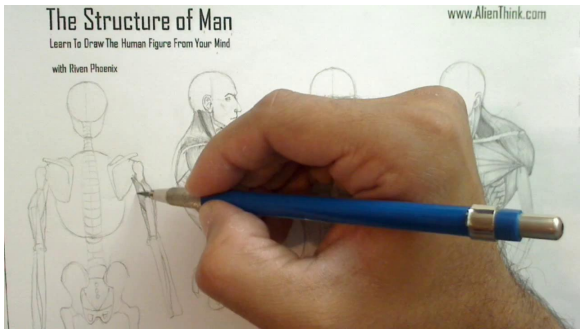
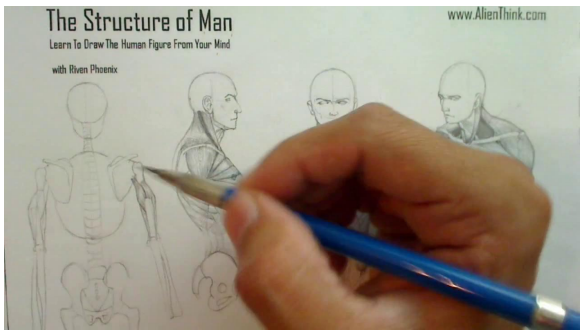
33		And just going to come like this over here like so we're going to finish it off, right?
34		So it has like this angle over here like this.
35		And it's just going to come out more like this, right?
36		Okay, so once we have this tricep done, we're going to do the same thing.

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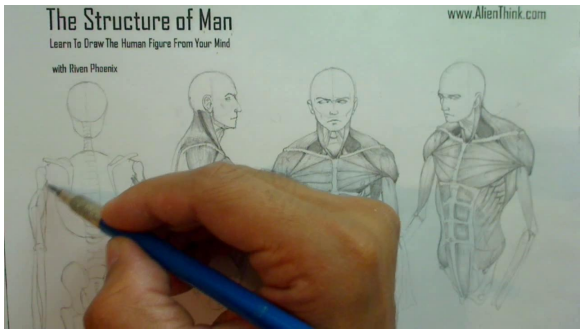
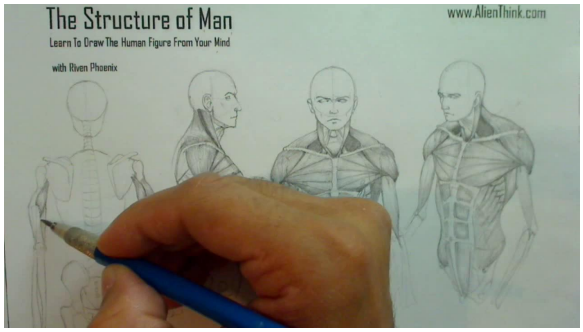
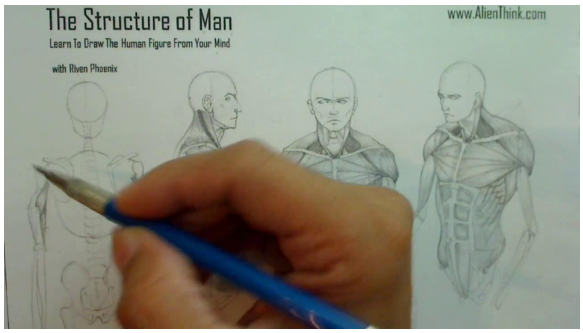
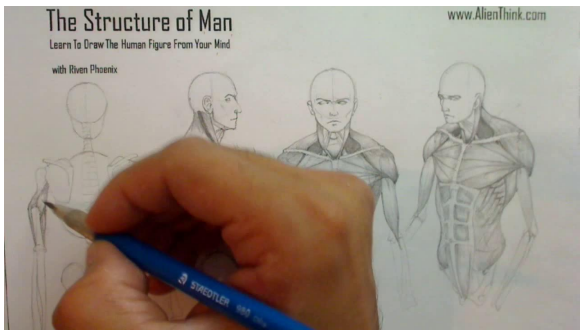
37		Just connect it all over here, connect this, this, this, this, and over here.
38		I'm just going to connect it over here like this.
39		And then here I'm just going to finish this off over here like so.
40		So this one here is going to have the angle over here.

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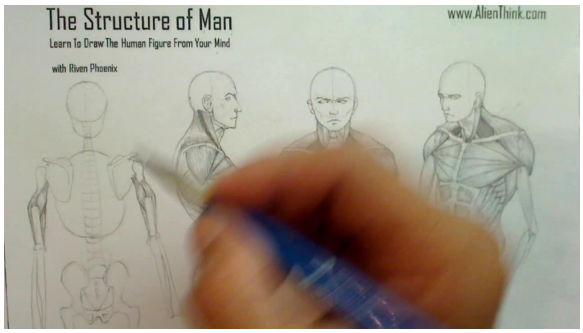
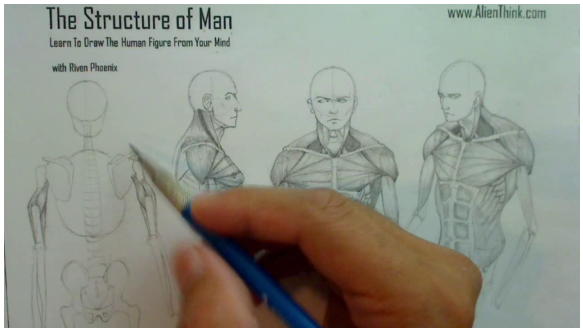
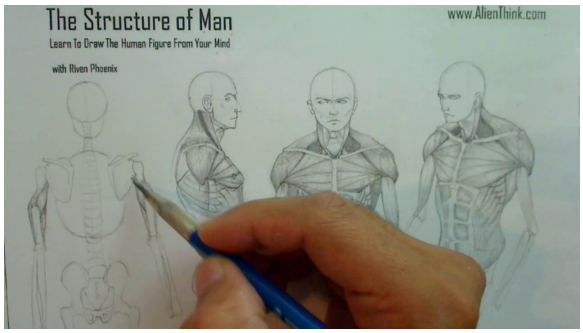
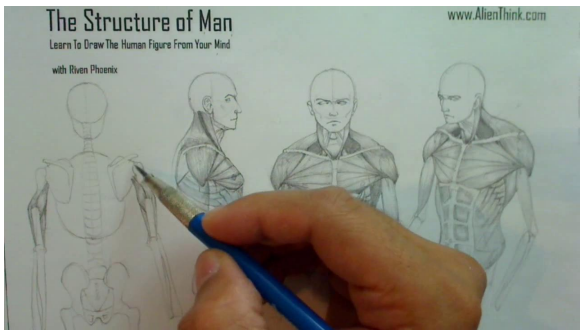
41		Okay, so now we need to understand the important understanding is to what actually happens here in the shoulder area.
42		Right, so there are three muscles that work in a mysterious way here.
43		And it's very simple to understand how that system works.
44		So the first muscle that you're going to get is going to be connected under this bone of the scapula.

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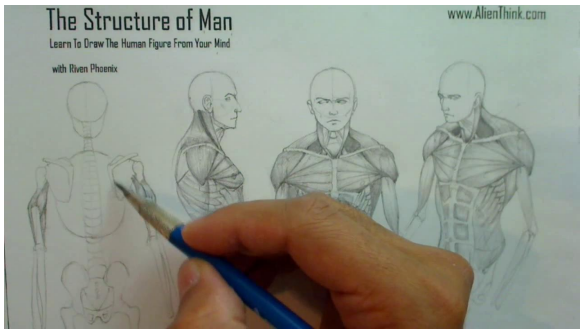
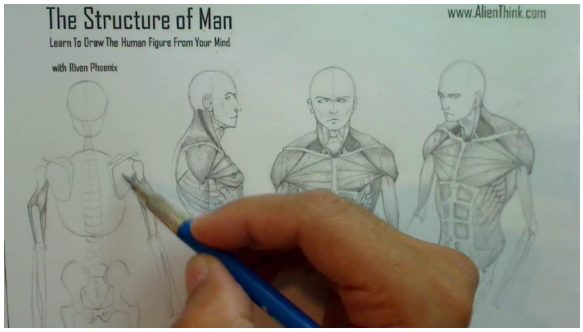
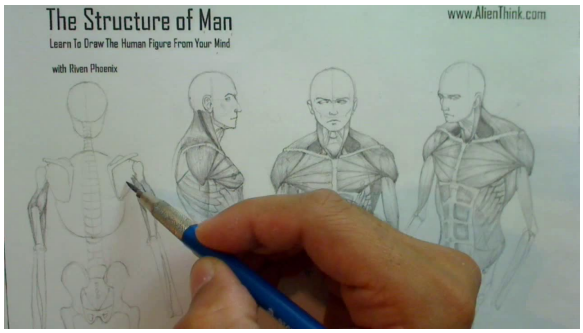
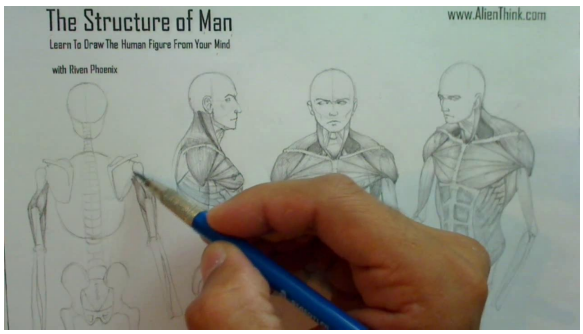
45		Okay, look where this bone is coming all the way over here.
46		Right, so this muscle is going to go from here.
47		Right, so it's going to be kind of like on a curve because you got to imagine that look, this, this is like on a curve here.
48		So it's going to connect to the top of the humerus bone.

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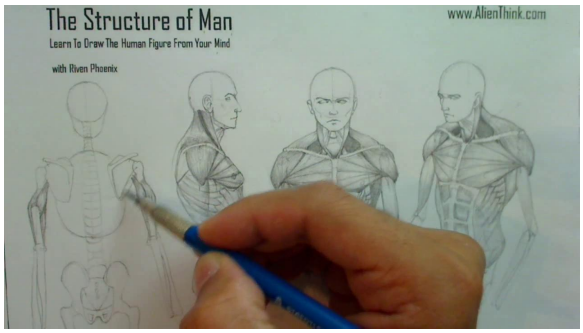
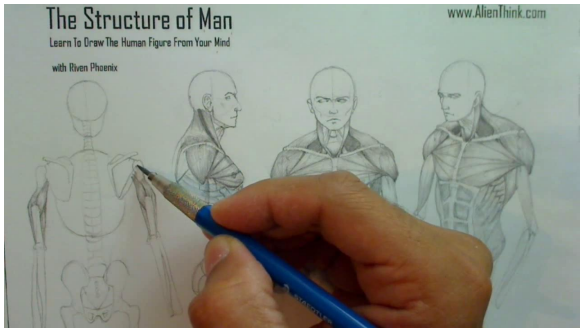
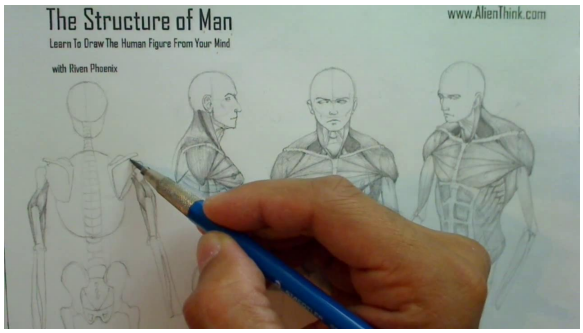
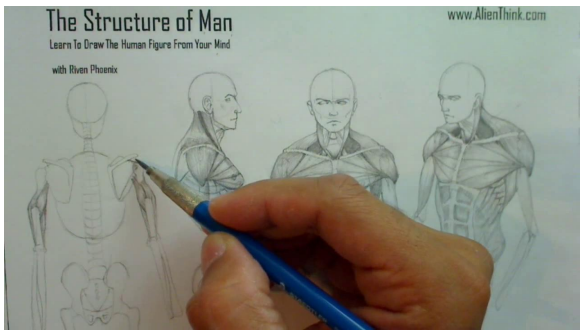
49		It's just going to come down like this.
50		Okay, so over here it's just going to connect.
51		It's going to be connected all over here just like this.
52		Not just leave that area be here.

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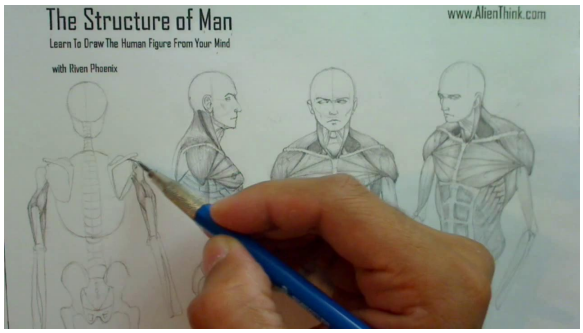
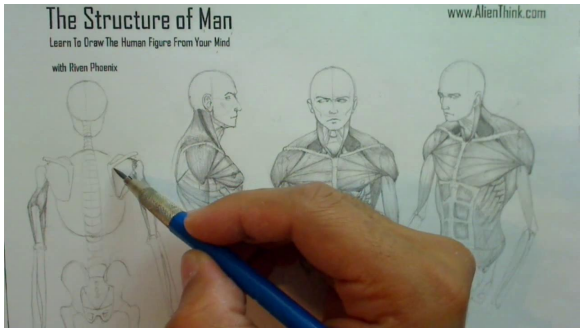
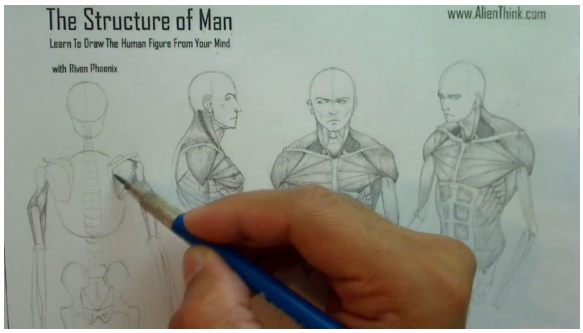
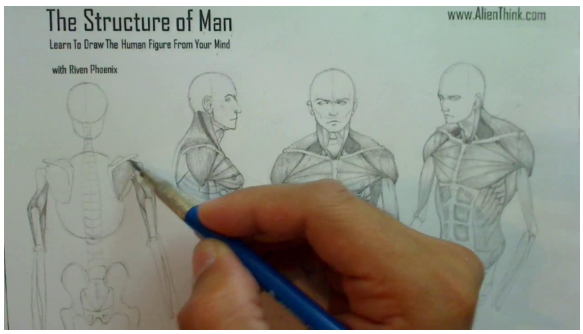
53		Right, so it's just going to be like this over here.
54		So you're just going to make this one come in this direction like this.
55		Right, it's just coming all the way in like this.
56		So technically again, this muscle is divided in many parts,

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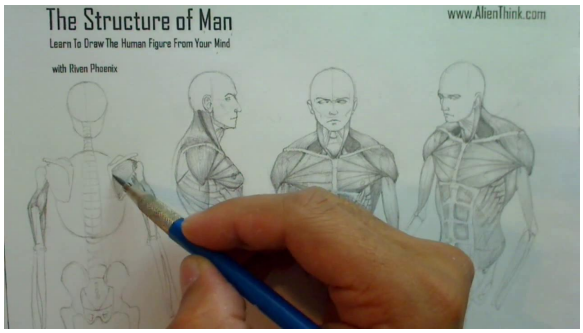
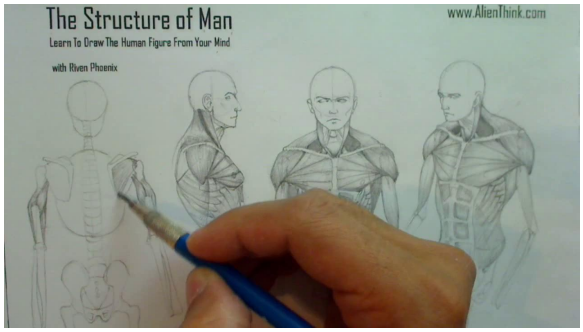
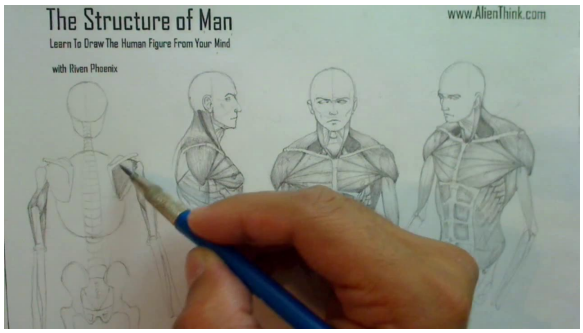
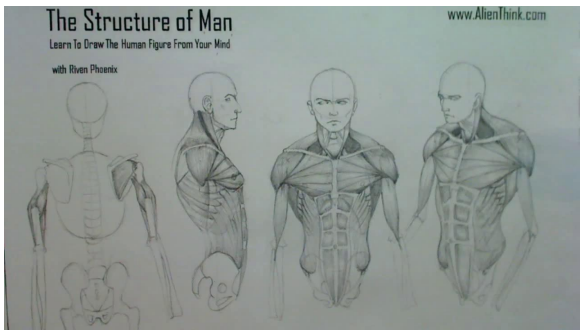
57		meaning that they're really just lines going across,
58		but we really don't have to worry about that.
59		Right, we just need to understand the basic idea of this muscle because it's really just one muscle.
60		You can hardly see these lines.

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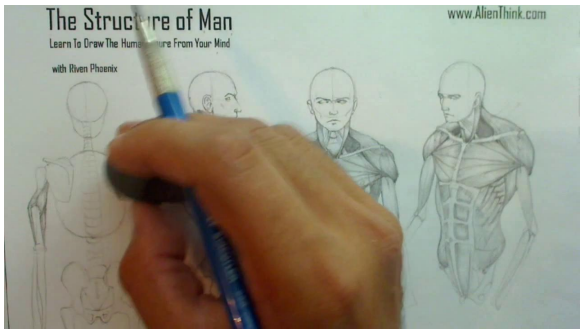
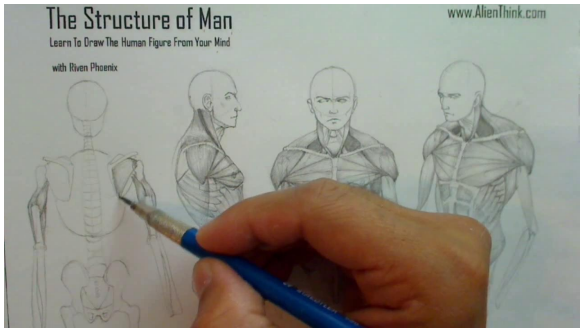
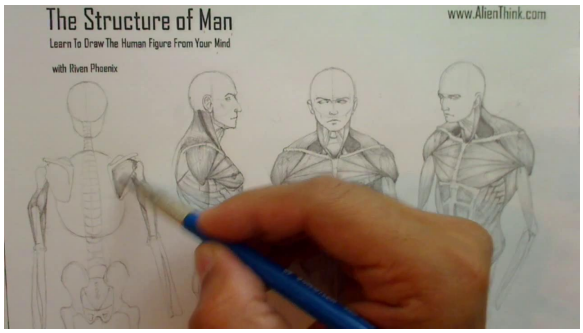
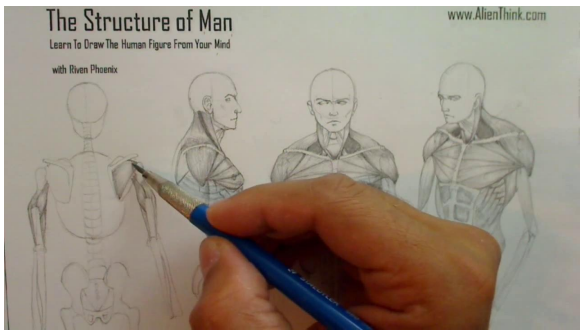
61		Actually, you probably never see these lines on anyone.
62		That's why we don't have to worry about them.
63		Okay, so many anatomical books don't even show them.
64		There's only a few of them that they do,

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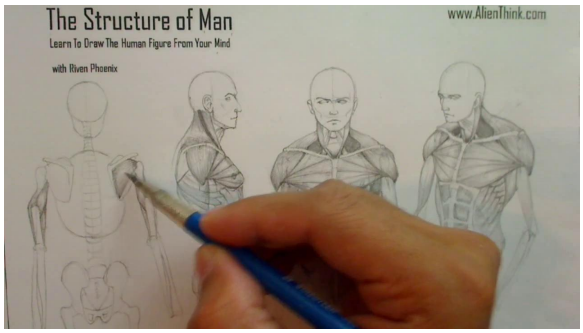
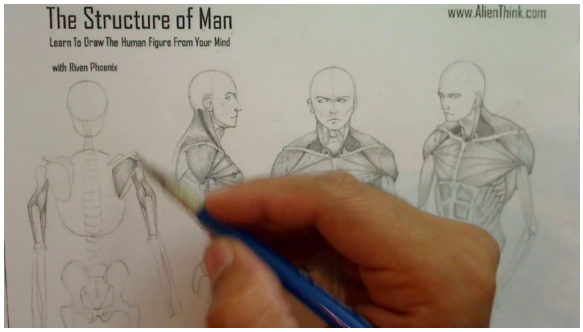
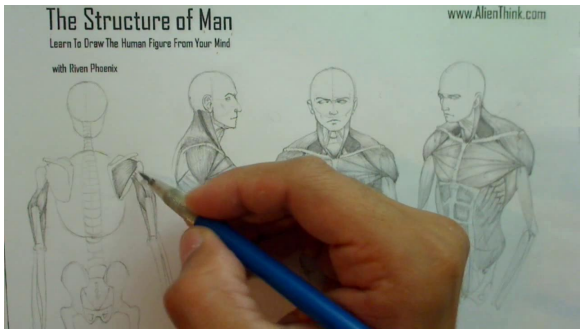
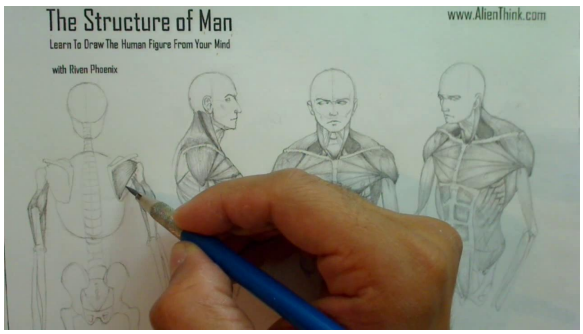
65		but these are just basically fibers connecting.
66		Okay, so what happens here is that now I'm going to do like this darker line here to separate this.
67		Now you're going to get another muscle that's going to connect here
68		and it's going to be coming from here.

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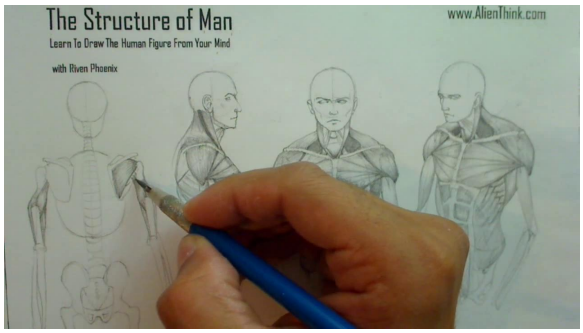
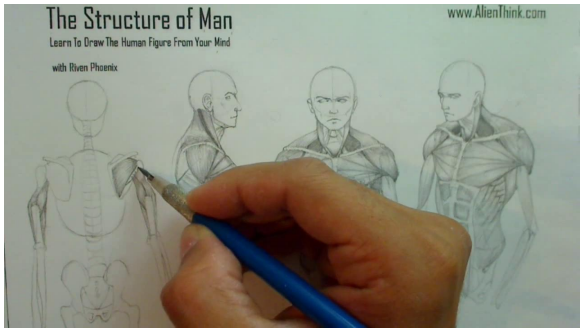
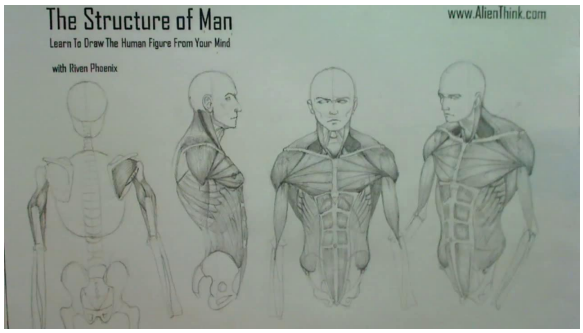
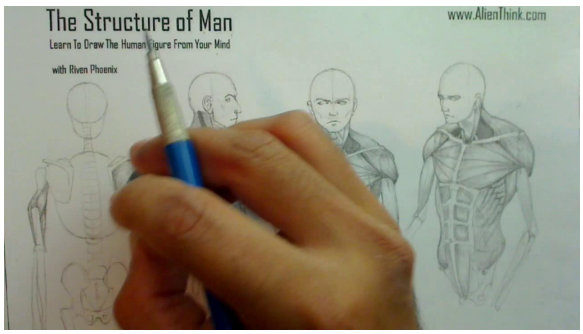
69		So this muscle is going to overlap the tricep.
70		It's going to be like this.
71		Okay, so this is a smaller version.
72		The muscle is obviously underneath this one.

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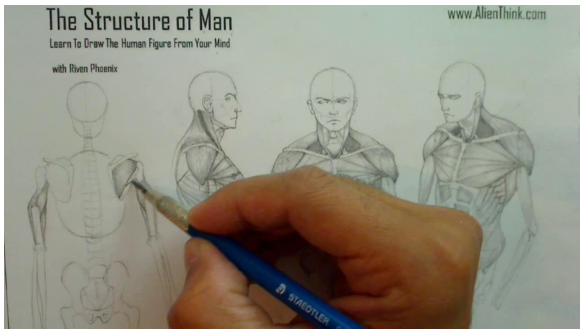
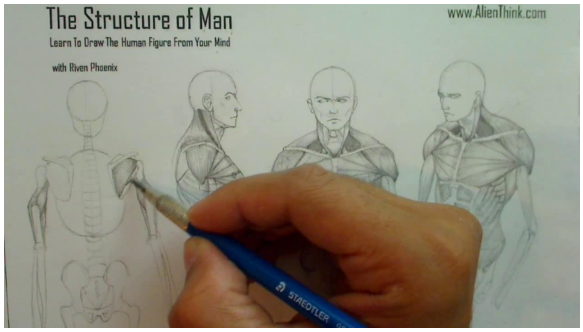
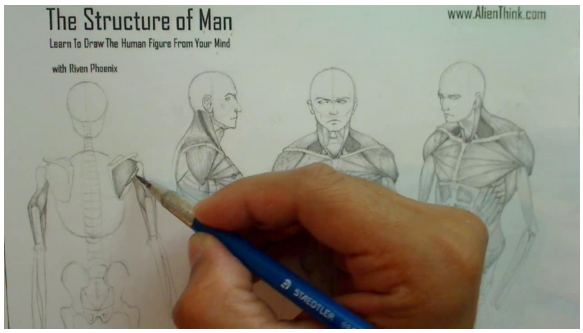
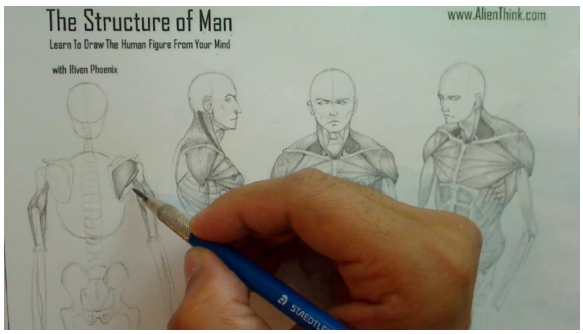
73		Okay, you're going to get this one over here.
74		So here we can basically put this muscle down like this.
75		Right, so it's overlapping this tricep muscle
76		that's connected to the scapula.

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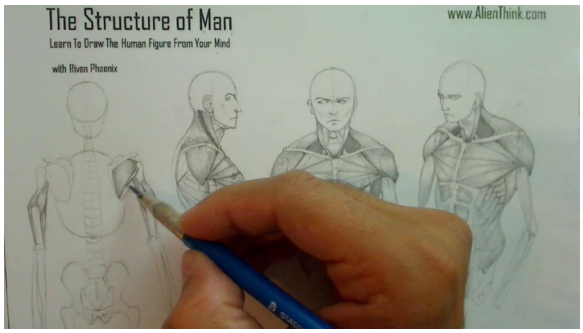
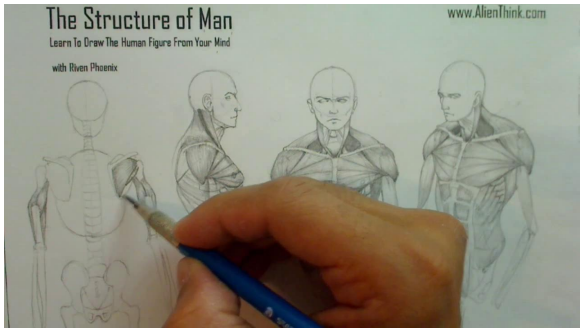
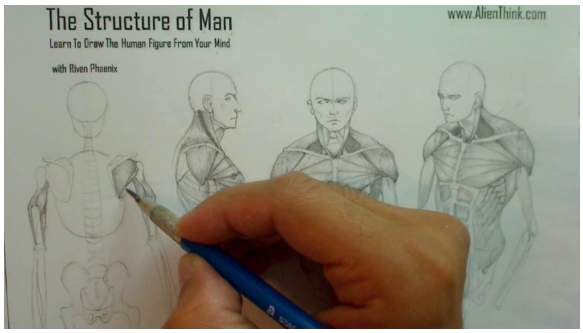
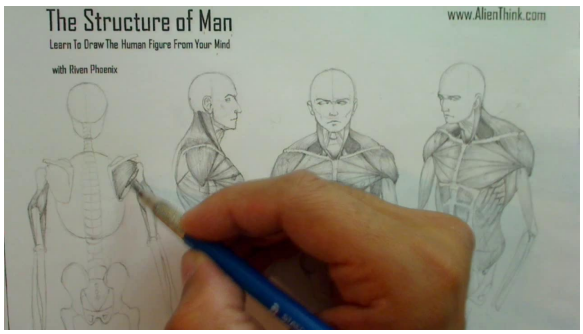
77		So what happens is now you get another muscle,
78		and this muscle is now, so this is the first muscle,
79		then this is going to be the second muscle,
80		this is the last one.

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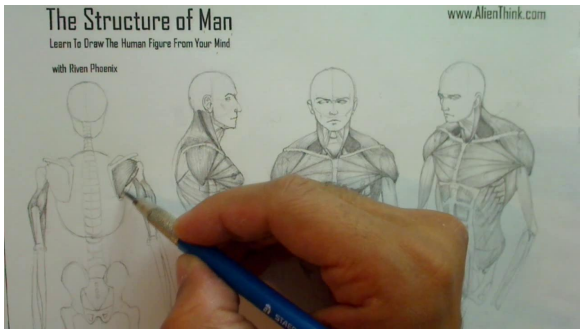
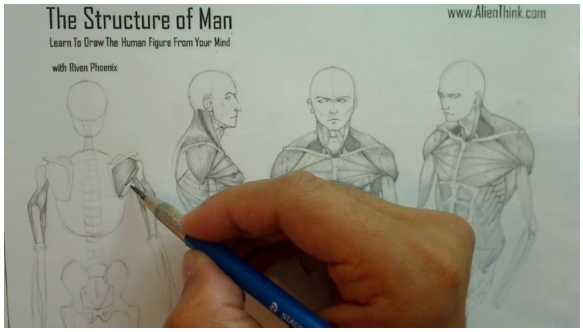
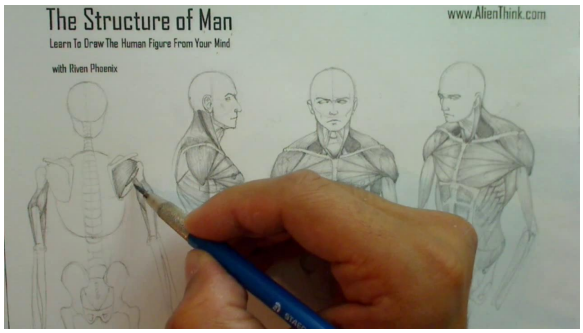
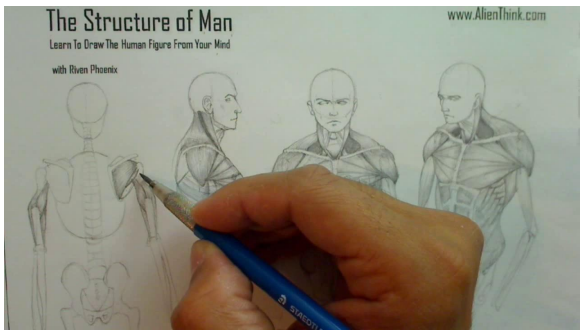
81		So this muscle is just connected.
82		It's going to go around this guy
83		and it's going to go under the tricep
84		and it's going to end up on the other side of the humerus.

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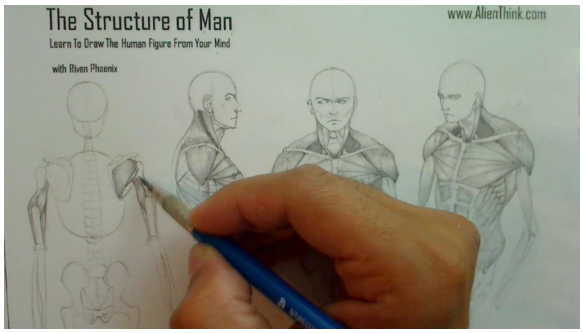
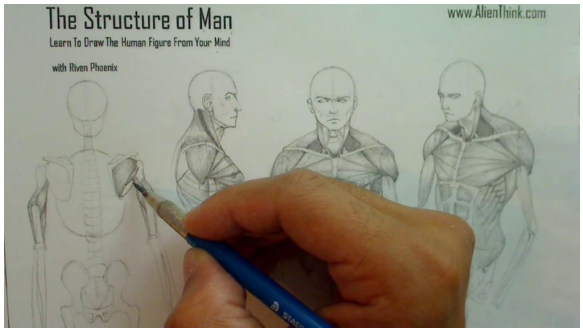
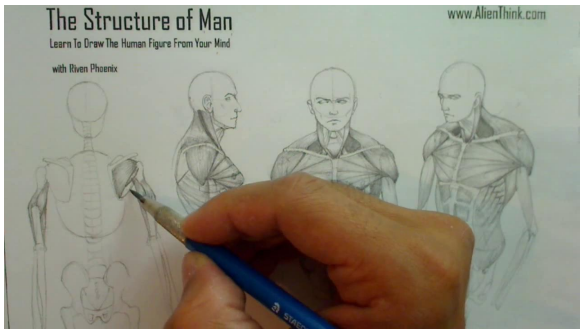
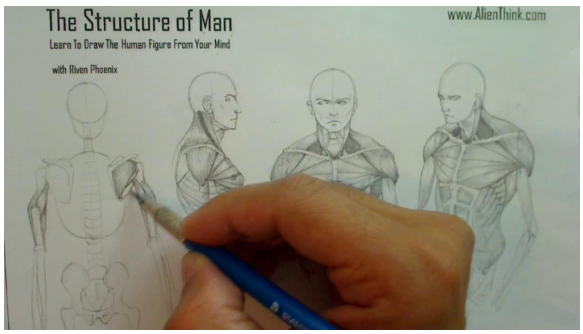
85		Right, and it actually will be,
86		will also be like when we get into the door-side muscle.
87		It's going to be a part of it on the other side.
88		Right, so if somebody is lifting weights,

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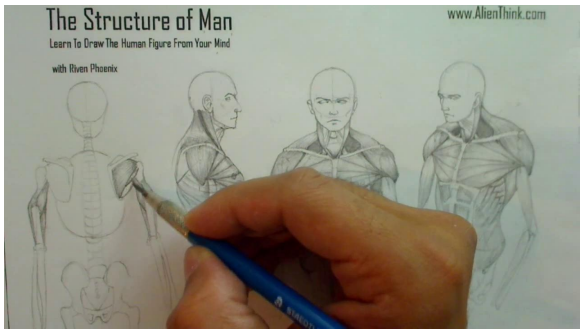
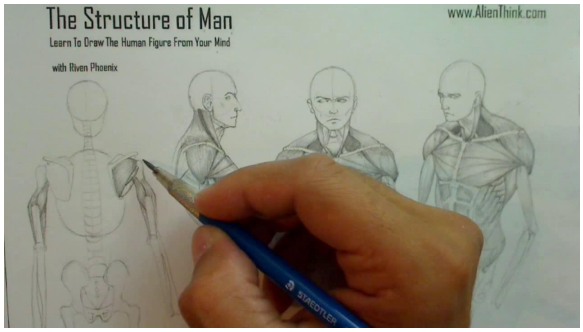
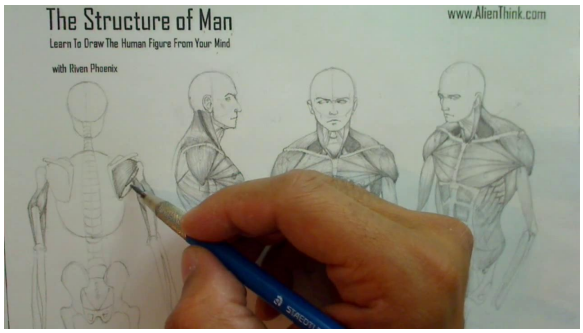
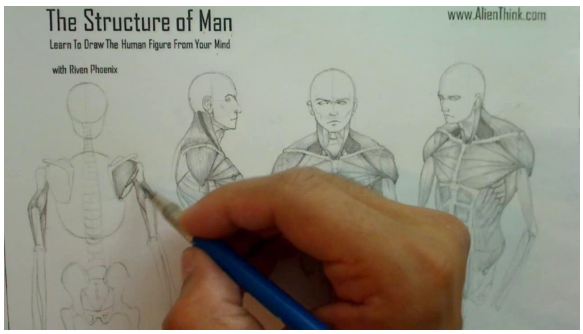
89		right, if this arm was going this way,
90		if we were looking for the front,
91		you would be aware of this muscle.
92		Right, so what this means is that in this area over here,

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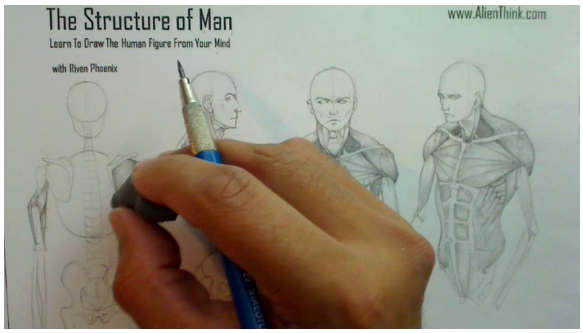
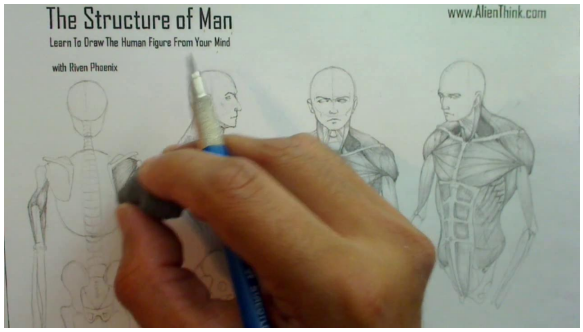
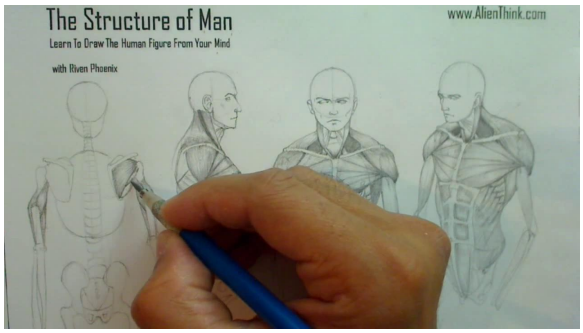
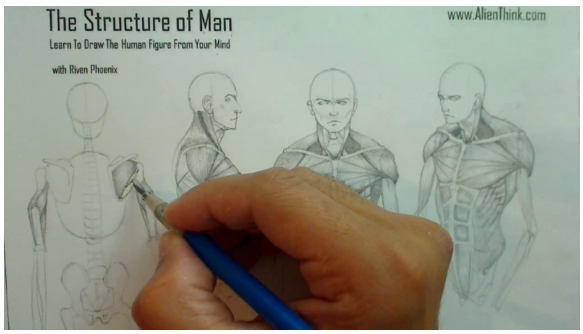
93		see this area that we're creating?
94		I'm going to lighten this up a little bit so you can see.
95		This area here, and then you get this line,
96		and then you get this line.

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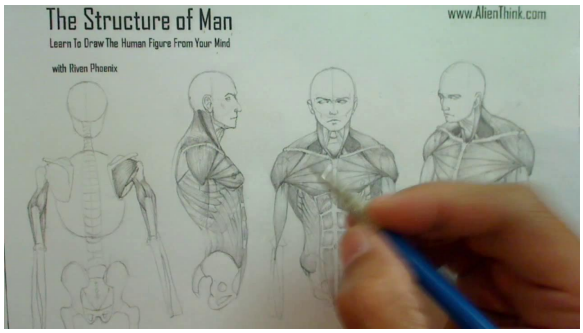
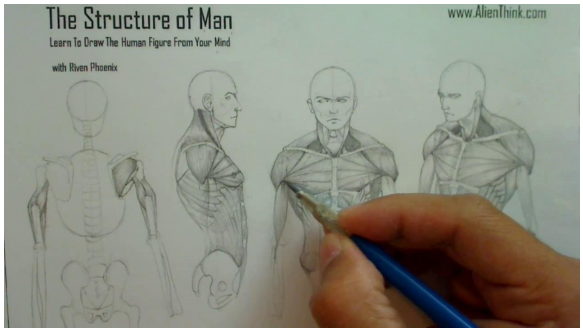
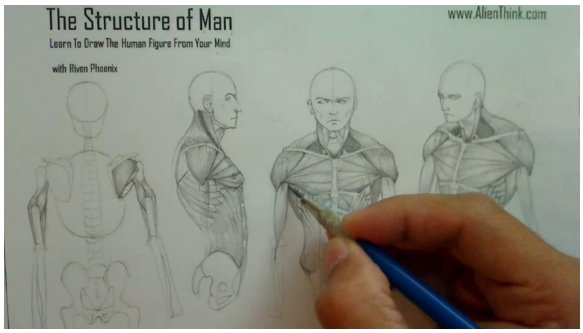
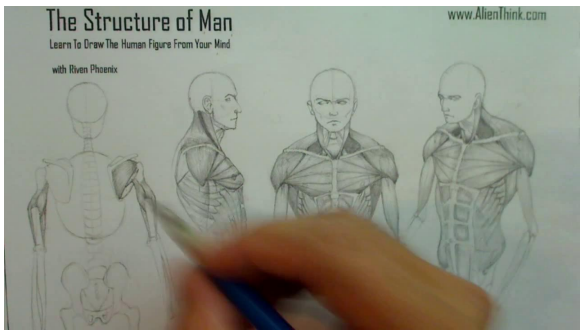
97		Right, just like this connection system over here
98		that we talked about.
99		Right, over here for the peck muscles,
100		there's the connection system here.

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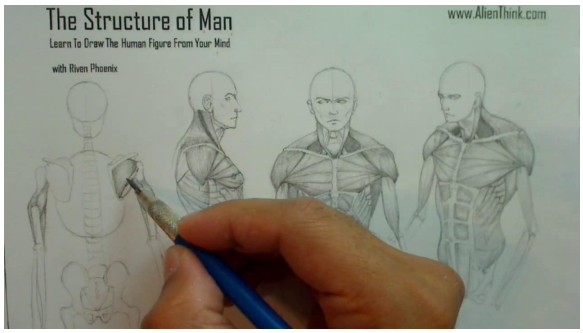
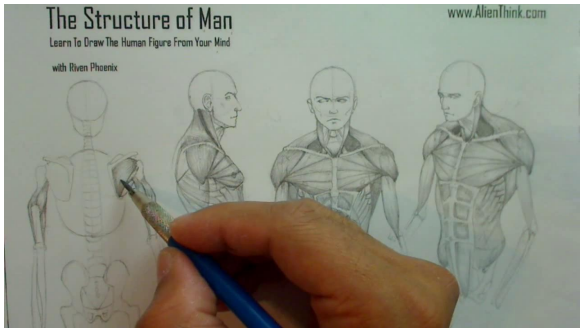
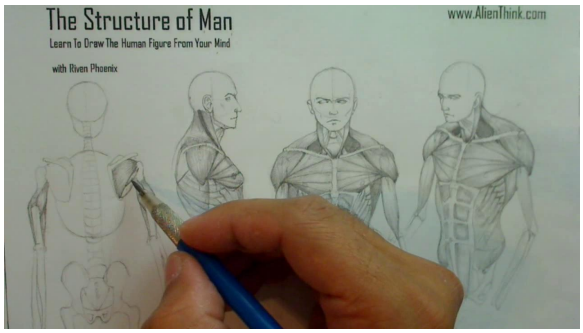
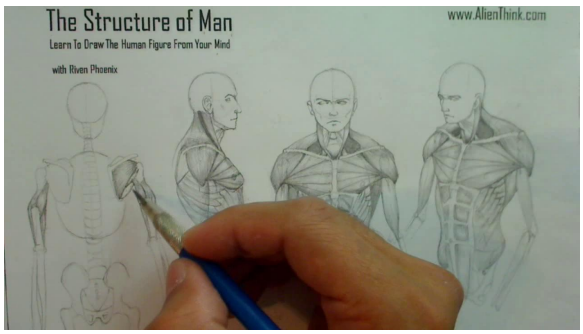
101		Okay, this is shoulder,
102		but it connects to humerus,
103		shoulder humerus,
104		and this one also connects to the shoulder,

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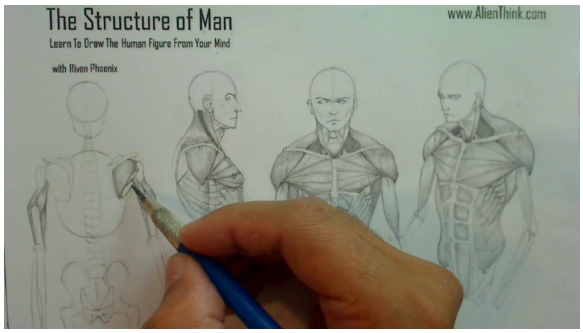
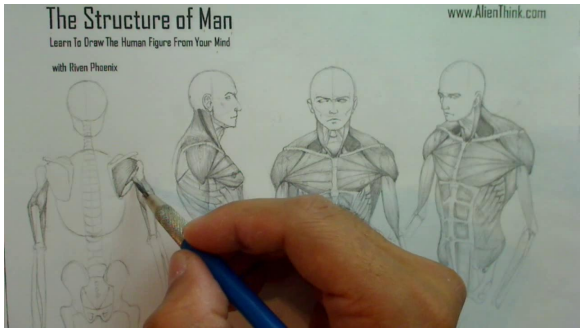
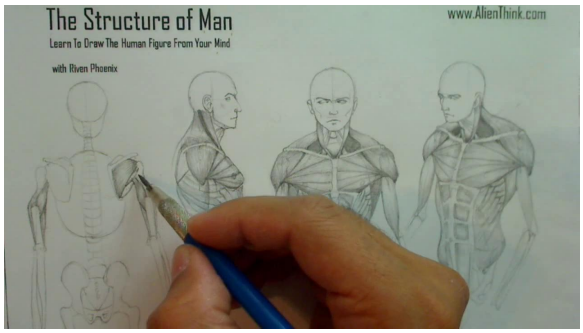
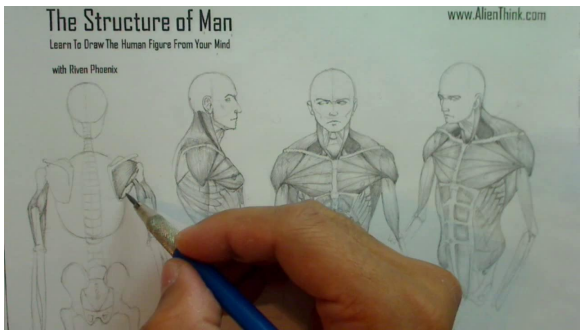
105		but it connects to the humerus,
106		but it goes under the tricep over here,
107		and it's going to connect on the other side.
108		Right, and then you'll get like the doors

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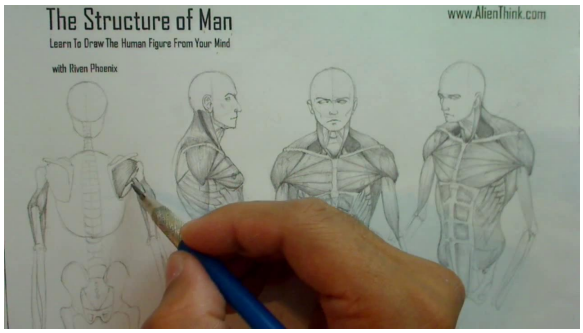
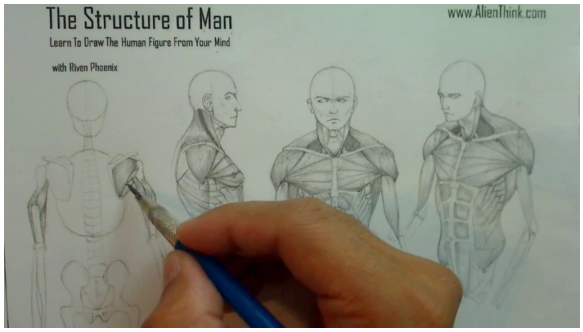
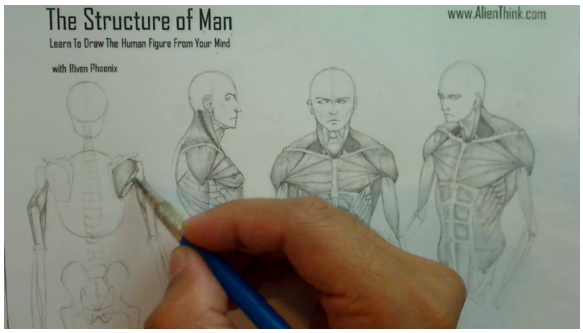
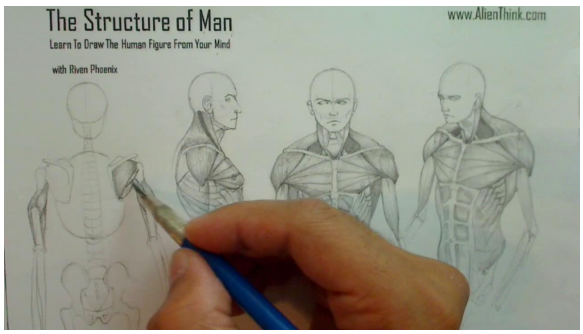
109		that we'll get into that later,
110		over here that simply you just put this muscle like this.
111		Right, it's a very simple concept,
112		but understand this system here.

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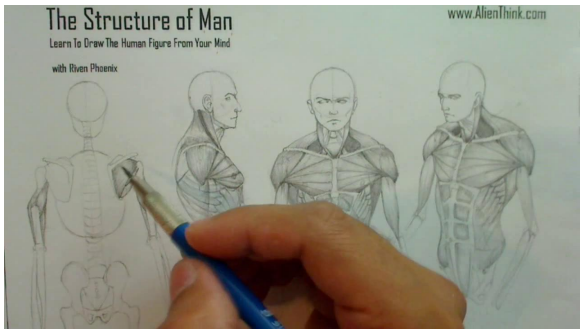
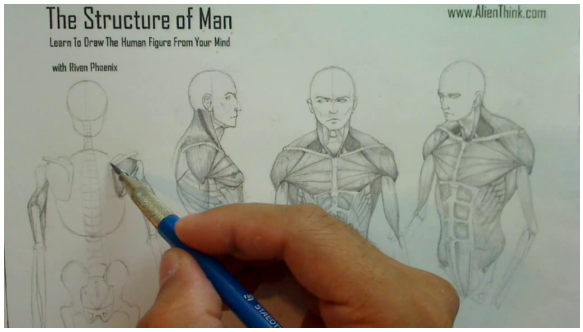
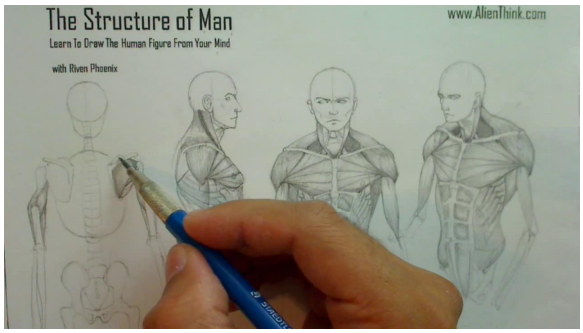
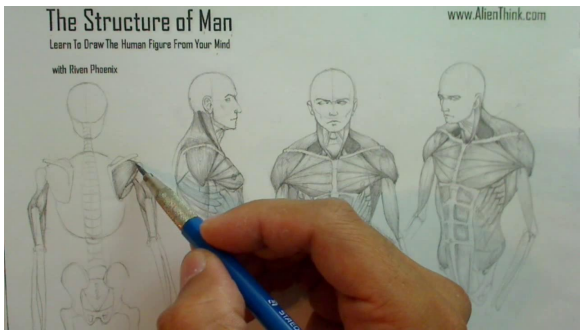
113		So what happens is,
114		then now you're going to get another muscle
115		that's going to go on top,
116		and it's just going to basically come back here again,

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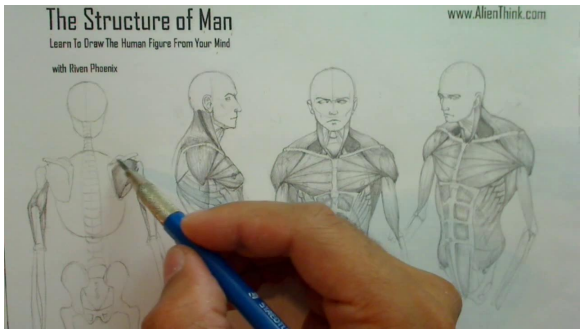
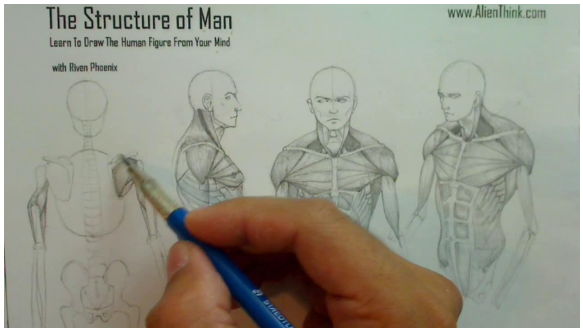
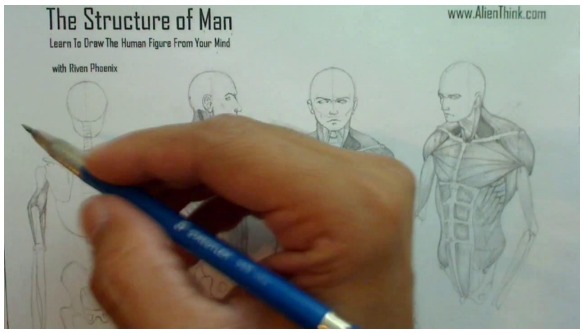
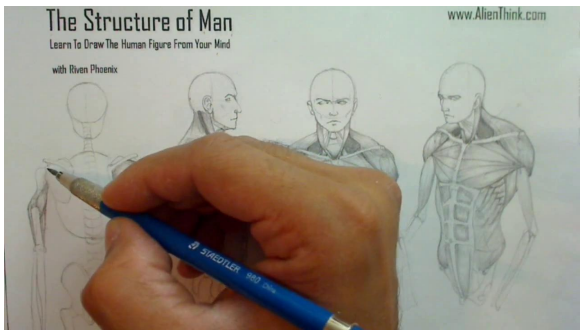
117		but we don't have to draw this muscle
118		because it's never going to be seen anyways.
119		So again, over here,
120		now we have to draw this muscle out,

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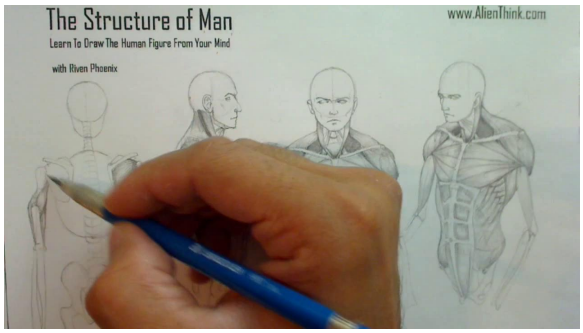
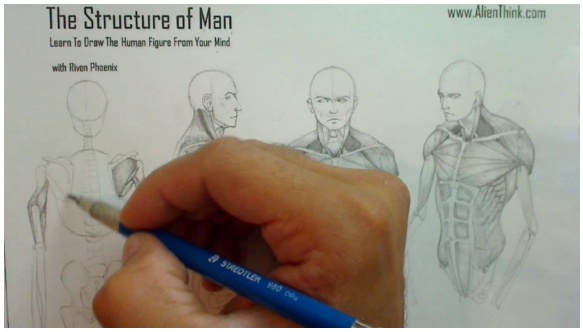
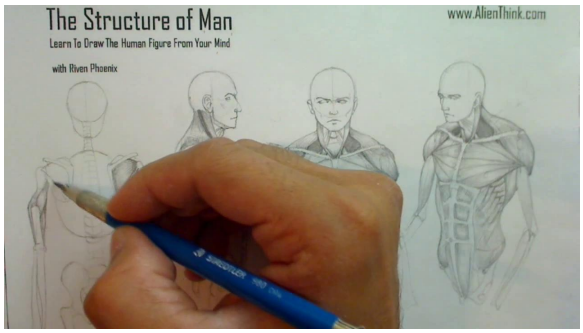
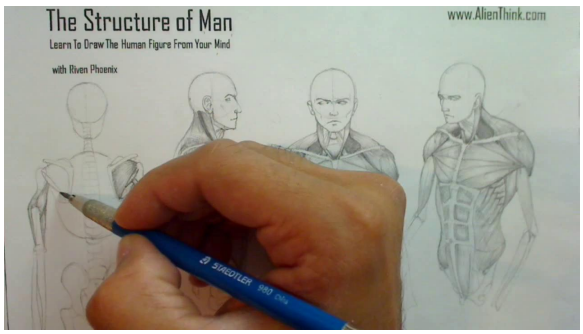
121		we're just going to put this line over here,
122		knowing that it's connected like this.
123		Right, I'm going to get this line here
124		that's going to come just about like this over here.

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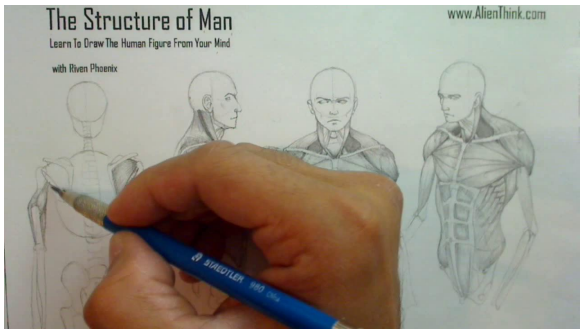
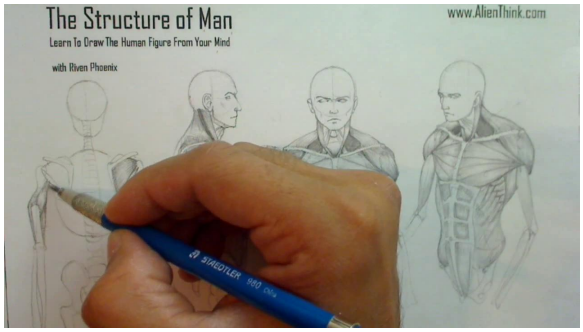
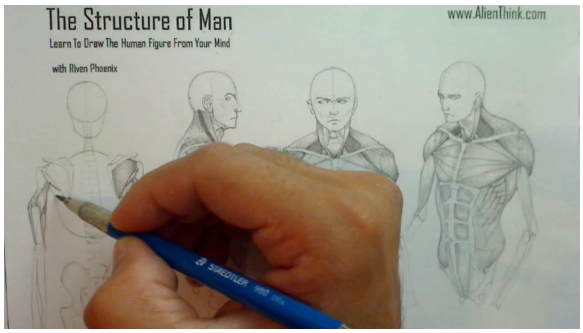
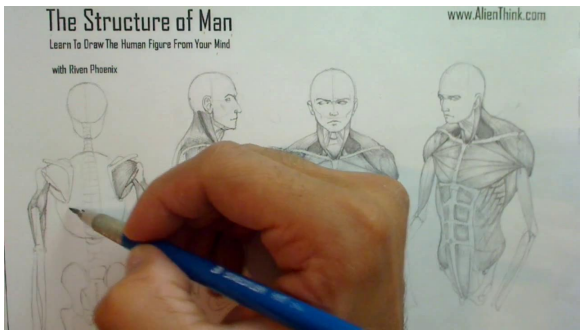
125		Right, and then over here,
126		I'm going to get this nodule over here.
127		I'm going to get that other muscle.
128		Right, it's a simple system.

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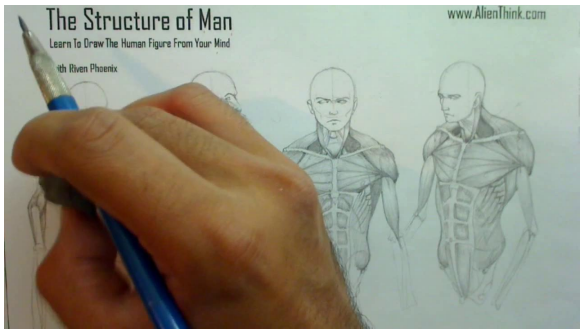
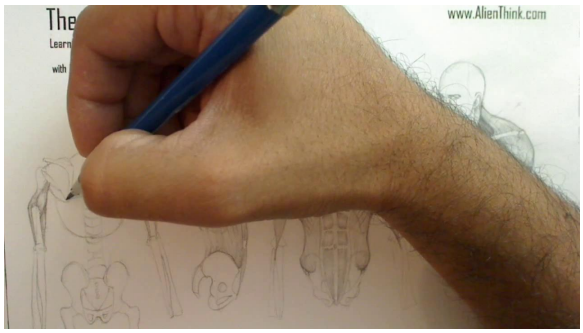
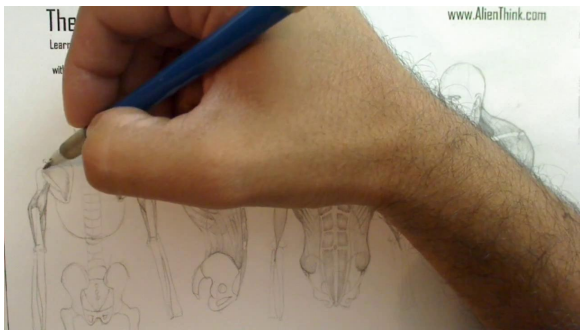
129		So here we're just going to render this now.
130		So over here, I got this muscle first,
131		it's connecting over here.
132		To the humerus bone.

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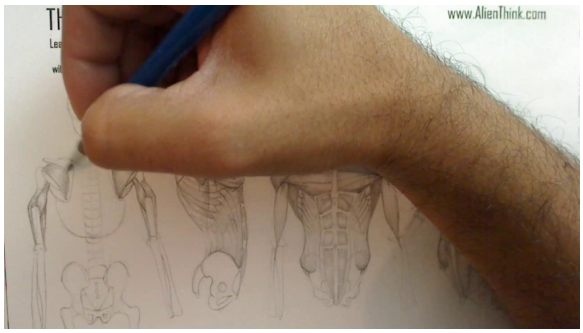
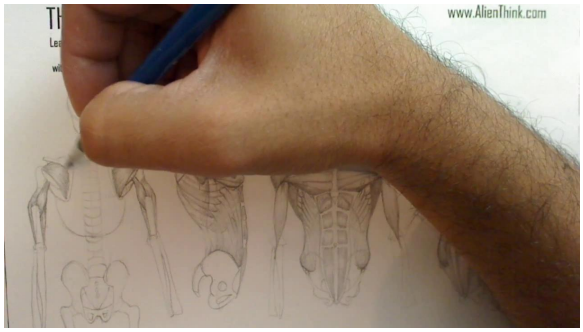
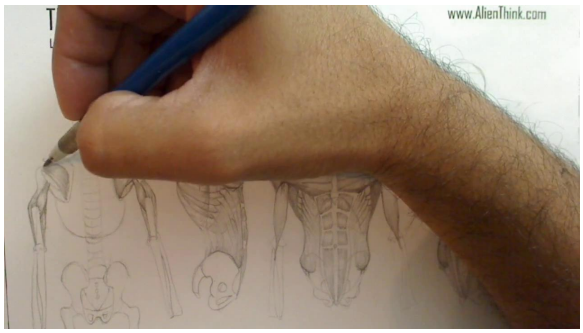
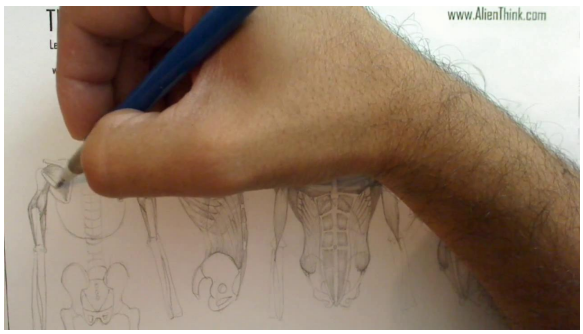
133		Right, so it's all connecting up here.
134		Right,
135		and then this muscle here is also connecting
136		to the humerus.

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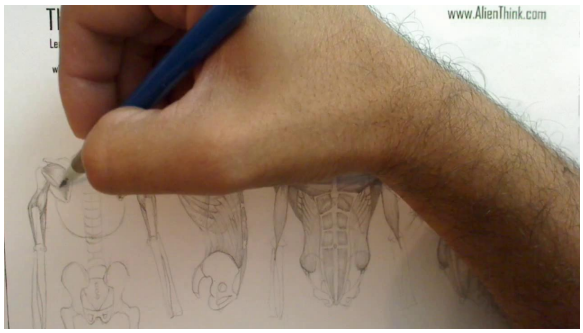
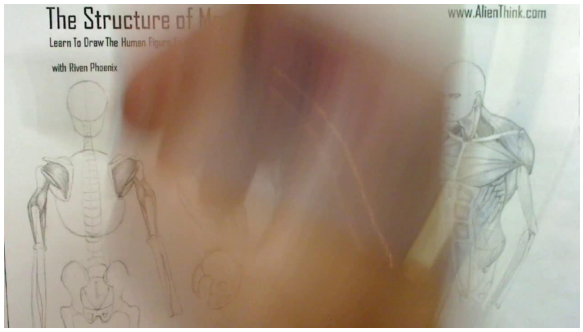
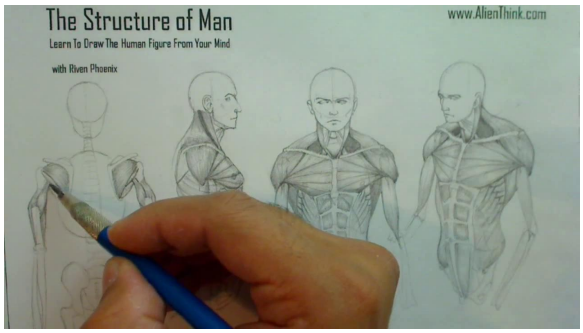
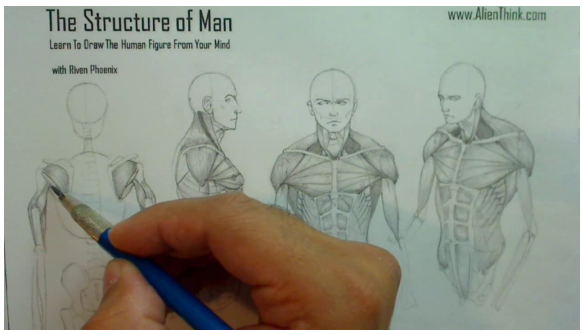
137		So here I'm going to put a line to show this division,
138		and it goes over this tricep,
139		but this tricep here,
140		then you have another muscle that goes around here,

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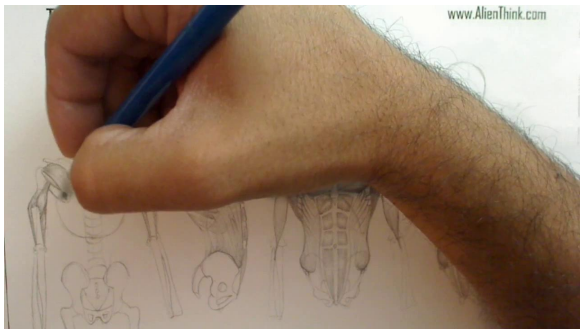
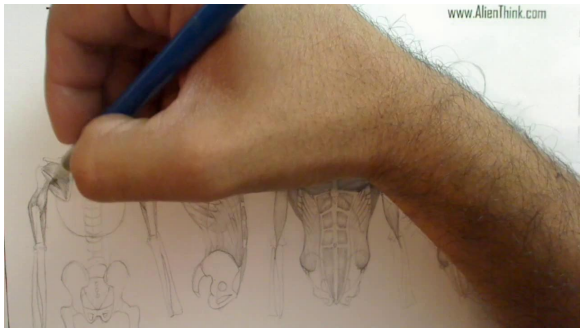
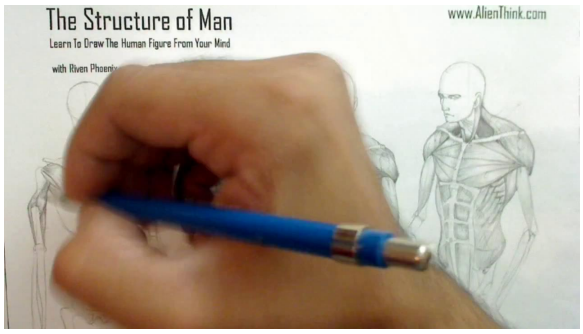
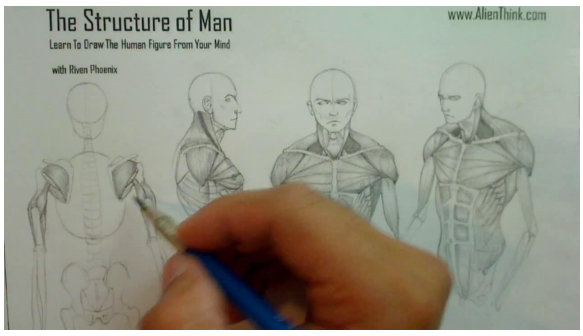
141		but it goes under the tricep.
142		And that's it.
143		Right, you'll get this line like this.
144		Okay?

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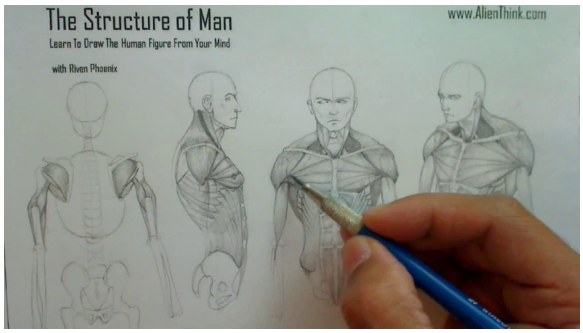
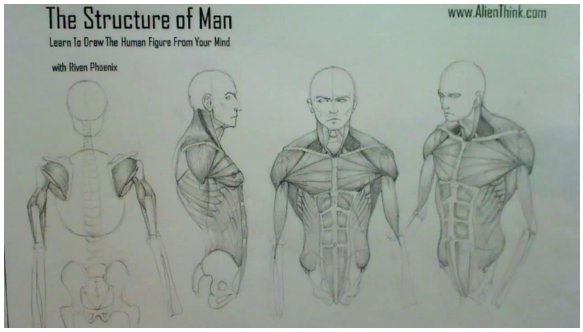
145		Okay, so I'll see you in the next lesson.
146		Thanks.

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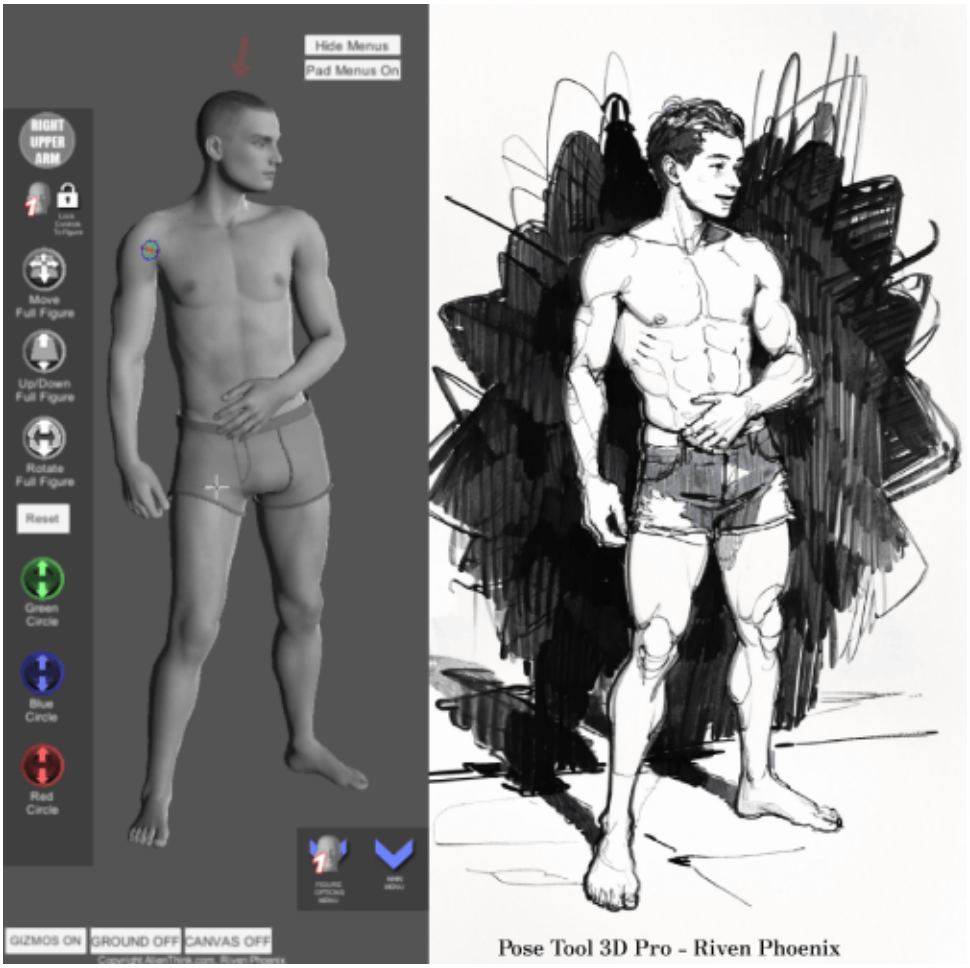

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